

Just Drop-In is here to help and support children and young people who are finding life hard. We have a heartfelt commitment to improve their mental health and wellbeing, helping them to find themselves and their feet.

Over the year we offered ongoing support to 1,000 individuals across our developing service offer. We were proud to achieve this in what proved to be a very tough local and national financial climate for small charities. We continued to offer our existing high impact services and also innovated, particularly developing our therapeutic and psychosocial group work offers with real success.

Credit must go to our wonderful community of Trustees, employees, contractors, volunteers, parents and inspiring young people for all they did during the last twelve months to help us to ride a roller-coaster of a year, and face the future with confidence.

We now have a range of Thematic reports which accompany this short overview infographic. These are available on request from hello@justdropin.co.uk

Our Strategy

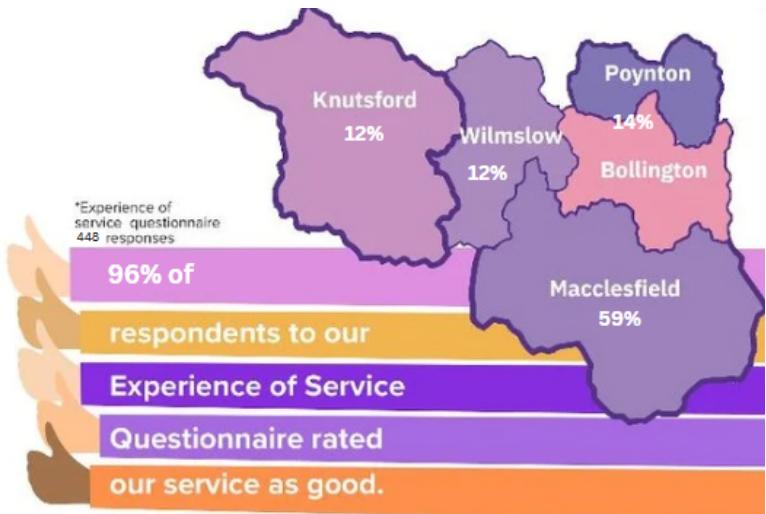
Strategic Development Areas

- ▢ Reaching and making an impact in the lives of the most disadvantaged children and young people within our communities.
- ▢ Empowering and supporting parents and carers to make a positive difference in the lives of their children.
- ▢ Developing our approaches to meaningful Participation with children and young people.
- ▢ Strengthening our support to local schools.

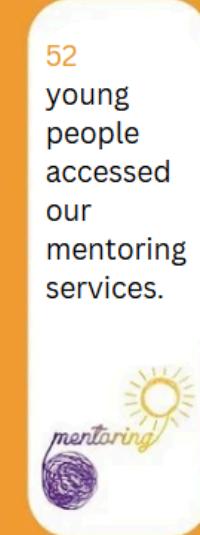
We were delighted to become an integral part of the new Healthy Young Minds Alliance in Cheshire East.



We continued to deliver services working across our footprint and in-reaching some of our services into the towns of Knutsford, Wilmslow and Poynton. Our offer is now evenly spread, reflecting population numbers.



Wellbeing Services



Volunteers and Staff

Volunteers remained at the heart of what we do

More volunteers in more roles than ever before!

Volunteers scored JDI as 9/10 as a place to volunteer.

Volunteers donated 3,000 hours of time. An estimated value of £6,500! Wow!

Counselling Services



At the end of counselling, 81% had improved wellbeing scores (using CORE methodology.)

Wait times stabilised to around 4 weeks.

We piloted therapeutic group Circles for young women, and Art Therapy in Poynton. Both had big impact.

Parents

We continued to deliver a range of accredited programmes for parents, including: Timid to Tiger, Sleep Workshops, and Mental Health First Aid. We also introduced Parent Peer Support.

147 referrals



Professional Network

We trained over 30 professionals in Mental Health Aware and Mental Health First Aid.

243 accessed a course from the Solihull Approach.



Finances

New Community Engagement Worker post



with thanks to all our donors and community fundraisers, especially during the Big Give.

Total income: £659,164

Operation costs: £679,145



Thanks to lots of new Corporate Sponsors...



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THE PILGRIM TRUST

HOPE IN NORTH EAST CHESHIRE

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